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The present invention provides a separator for a fuel cell, having a film on the surface, wherein the film has a water-holdability of 0.3 to 5.0 g per g of the film, or the film has a pore volume of 0.5 to 0.9 cc per cc of the film, and a thickness of 0.5 to 300 μ m. The fuel cell separator is superior in hydrophilicity and water-holding property, and has at the same time low electrical resistance.